

5 Gospel Truths to Replace Self-Help Lies

A printable devotional guide by Faithful & Well – towards your growth in Christ.

- Self-Help Lie: “Believe in yourself.”

Gospel Truth: “Believe in Jesus.”

“The work of God is this: to believe in the one he has sent.” – John 6:29

Your confidence comes not from self-belief but from faith in the One who never fails.

- Self-Help Lie: “You can do anything if you try hard enough.”

Gospel Truth: “You can do all things through Christ.”

“I can do all this through him who gives me strength.” – Philippians 4:13

Our strength has limits; Christ’s power within us does not.

- Self-Help Lie: “Fix yourself.”

Gospel Truth: “Be renewed by the Spirit.”

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” – Romans 12:2

Transformation is God’s work in a surrendered heart, not our self-made project.

- Self-Help Lie: “Follow your truth.”

Gospel Truth: “Follow Me.”

“Whoever wants to be my disciple must deny themselves and take up their cross daily

and follow me.” – Luke 9:23

True freedom is found not in self-direction but in following the One who is Truth itself.

- Self-Help Lie: “You are enough.”

Gospel Truth: “Christ in me is enough.”

“My grace is sufficient for you, for my power is made perfect in weakness.” – 2 Corinthians 12:9

When we admit our weakness, Christ’s strength shines through our lives.

□ **Reflection Prompt:** Which “self-help lie” do you most often believe? Pray and ask God to replace it with His truth today. Created by Faithful & Well faithfulandwell.com
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